

# PHYSICAL THERAPY AIDE

A student who has completed the Job Corps Physical Therapy Aide program is equipped with the skills to contribute to the workplace as a valued employee from day one. Competence in academic and vocational skills is required for graduation. In addition, Job Corps students learn employability and technological skills. To complete his or her Physical Therapy Aide training, a student must master skills in these categories:

## PHYSICAL THERAPY CORE REQUIREMENTS

Specify the various treatment settings in which physical therapy is practiced and the role that physical therapy might play in these settings; identify and describe abbreviations and medical terminology commonly used in health care settings by physical therapy personnel; identify the role of the following physical therapy organizations: APTA, PPTA and WFPT; explain the importance, purpose and information contained on a medical referral; understand the moral and ethical importance of maintaining confidentiality in all clinical situation and the legal ramifications of any breach of confidentiality; discuss health care facilities according to patient type, size, ownership, services rendered and financial structure.

## PHYSICAL THERAPY FUNDAMENTALS

Demonstrate competence in body mechanics, vital signs, wheelchair mobility, positioning, draping, transfers and body bandaging; identify architectural barriers in the community; demonstrate understanding of the physical therapist's evaluation of the patient; know the physiological effects of immobilization; distinguish between isometric, isotonic and isokinetic exercise; know the importance of the therapeutic exercise program in a manner that would relate to the patient, peers and supportive personnel, physicians and patients family; know the basic features of the various orthotic and prosthetic devices; identify the indications and contraindications for the following modalities: hot and cold packs; ultrasound; whirlpool and paraffin bath; intermittent venous compression; cervical/pelvic traction and infrared/ultraviolet electrical stimulation; identify and define the major components of spinal nerves; identify the various divisions of the brachial plexus.

## PHYSICAL THERAPY AIDE DUTIES

Distinguish between different types of exercise used with patient treatment: passive range of motion; active assertive exercise; active exercise; resistive exercise; stretching; relaxation; coordination; correctly identify ambulation aides and assistive devices and explain and demonstrate the use of each; understand cerebral palsy and discuss treatment of the patient; understand the etiology and clinical features of various infectious disorders and degenerative disorders of the central nervous system; know the mechanisms of injury and the therapeutic management of the spinal cord; demonstrate various clinical approaches and treatment techniques for patient types including but not limited to: geriatric, pediatric, CVA, Parkinson's, cerebral palsy, multiple sclerosis, head trauma and spinal cord injury; display proper application and use of TENS; demonstrate treatment protocols to the stroke patient including: Brunnstrum, Rood, Bobath/NDT and PNF.